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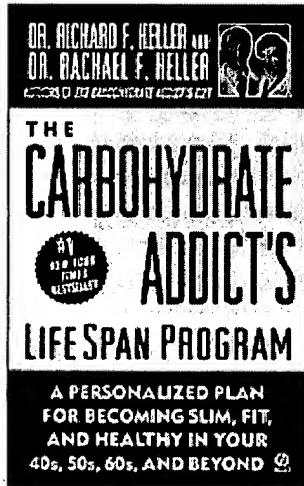
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Sugar Addicts' Diet: See The Pounds Drop Off! by Nicki Waterman

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Language English

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ISBN-13: 978-0451204974

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Customer Reviews

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2 of 3 people found the following review helpful:

★★★★★ **IF you are a Carbo Addict its sooo perfect.**, 4 Aug 2000

Reviewer: **A reader**

It saved me! (period)

but for us europeans there are quite a few problems regarding the measurements in the book

everything is in inches and cups and so forth..

It's a true revolution in dieting related to the present "truth" here in denmark.. Read it if you r any success in losing weight due to severe cravings during ordinary diets.

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

7 of 7 people found the following review helpful:

★★★★★ No more pain!, 3 Dec 1999

Reviewer: **A reader**

After many years of severe indigestion after eating food and popping antacid tablets sometime much as 6 times a day this diet has cured it in one day. You cannot believe the relief after all t

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

2 of 2 people found the following review helpful:

★★★★★ An excellent Life changing Book, 29 Aug 1999

Reviewer: **A reader**

I wish I had found this book or WOE years ago. I can hardly believe that I am not craving the sweets anymore. I have them but on MY terms. I would recommend this to everyone. Weight off and quite easily. Good luck to all who buy this. You will be successful.

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

1 of 1 people found the following review helpful:

★★★★★ Great plan for feeling well, 26 Aug 1999

Reviewer: **A reader**

I have been following this program for about 11 weeks and have lost about 15 pounds. The be that I have tightened up my physique (the flab is gone) and feel great. My cholesterol is down points and I no longer fall asleep after meals.

Easy reading - Great plan!

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

4 of 4 people found the following review helpful:

★★★★★ An easy way of eating for all ages!, 3 Aug 1999

Reviewer: **A reader**

This is an easy to follow low-carb way of eating which is easy to maintain for a lifetime. I have almost 50 lb. in 6 months. I am still loosing a few oz. a week - instead of gaining 3 pounds a y There is no counting involved. This diet is especially good for people that have PCOS, insulin re or are diabetic. This diet does not put you into ketosis! There is nothing dangerous about it. I

have to worry about my weight again! I am a new person!! And I feel better than I have in YE

This way of eating was hard to adjust to for the first few months but now I could not even ima
back to the way I used to eat (lots of pasta, etc). It was much like a vegetarian must make a c
effort to change the their way of eating, but now it is second nature. Now if only the airlines w
a choice of low-carb meals!

Was this review helpful to you? ☐ Yes ☐ No [\(Report this\)](#)

2 of 2 people found the following review helpful:

★★★★★ THIS PROGRAM STOPS HUNGER FOREVER!, 7 Jul 1999

Reviewer: **A reader**

Upon hearing about this program, low carbohydrates, I was extremely sceptical. I have howev
into the book and found it to be an amazing concept that truly works. It was easy to read, and
understand, but most importantly IT WORKS! Thank you Dr. Richard and Rachael Heller!

Was this review helpful to you? ☐ Yes ☐ No [\(Report this\)](#)

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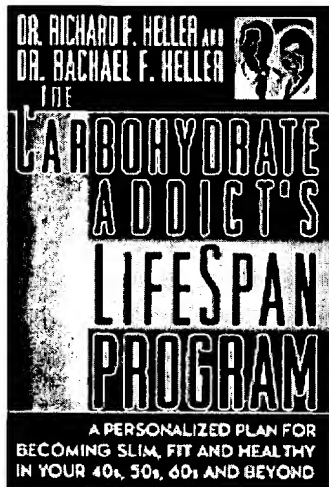
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Editorial Reviews

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"If you are carbohydrate addicted, this book will give you the information you need to literally eat your cravings for starches, snack foods, or sweets and get control over your eating and your life, age, through all the decades to come--and without sacrifice. You will be able to lose weight and decrease your risk for virtually all of [America's] top killer diseases. You will get the guidance you need to make the lifestyle change you have been waiting [for] for so long. And, in addition, you will gain courage and conviction that your hunger, cravings, and weight problems are not your fault, and the pounds fade, so will your guilt and self-blame." So begins *The Carbohydrate Addict's Lifespan Program*, a book especially tailored for those 40 and over, especially menopausal women and those who were prescribed Fen-Phen. Its premise is simple--it's designed to help you rid your body of excess insulin. When excess insulin is circulating through the body, it's virtually impossible to lose weight, say Rachael Heller, both research scientists and professors and authors of the bestselling *Carbohydrate Addict's Diet*.

They've created a sympathetic and clear guide for keeping insulin levels--and therefore food cravings--in check, with plenty of appealing and easy-to-prepare recipes, including low-fat Chicken Kiev and Crabmeat Salad. A stress-reduction plan, progress charts, meal plans, and comprehensive index are included.--*Erica Jorgensen* --*This text refers to an out of print or unavailable edition of this title*

From Publishers Weekly

The authors of *The Carbohydrate Addict's Diet* (1993) and *Healthy for Life* (1995) aim the latest in their approach to carbohydrate addiction at maturing Americans. Professors at Mount Sinai School of Medicine in New York City, the Hellers reiterate their claims that excess insulin causes some people to crave carbohydrates, creating an unstoppable cycle of cravings and weight gain. Noting that metabolism slows down as individuals age, the Hellers again tell personal stories of learning how to manage carbohydrate intake and their weight. They present their Basic Plan, which is based on craving-resistant proteins and vegetables and allows "Reward Meals" that include reasonable portions of carbohydrate. Nine "Options" include such tactics as adding chromium, exercising, or cutting out MSG (which triggers carbo cravings). The Hellers also link excess insulin to such age-related diseases as high blood pressure, heart disease and adult-onset diabetes. Accompanying recipes and menus, which allow much more flexibility than typical low-fat/high-carb plans, may attract new readers. To maturing Heller fans, much of the plan will seem familiar.

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Language: English

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238 of 243 people found the following review helpful:

★★★★★ Read the entire book before you claim it's a hoax., November 15, 1999

Reviewer: **"dmr1"** (Pennsylvania, USA) - [See all my reviews](#)

I too saw Oprah on October 4 and bought the book immediately. I read it and followed it. In month's time, I have lost 13lbs (avg 2-3lbs per week). This program works when done properly.

What bothers me is all of the negative comments that are completely untrue. The Hellers are condoning a high fat diet. They are not promoting "binge" eating. They are not endorsing a "fits-all" diet. This program was specifically designed for people who have an addiction to carbohydrates. When followed properly the dieter will see the desired results including:

1. loss of hunger that drives people off their "one-size-fits-all" diets
2. weight loss
3. lower cholesterol levels
4. more energy
5. freedom from yo-yo dieting
6. joy in learning it's not about will power.

If a person is not addicted to carbohydrates, they may see success with this plan and possibly other plans. Of course everyone has to make their own decisions regarding health and fitness. Addicted persons CANNOT lose weight and heal their emotional wounds - weight and image - on a carbohydrate-rich eating plan. This program is empowering to the carbo addict in more than one way.

And if I'm not mistaken, Oprah did not TELL anyone to do this. She merely stated that she would try for a month along with whomever wanted to in the audience (and watchers). That is the definition of "endorsing a program".

It is obvious that some people who have "reviewed" this book, COULD NOT HAVE READ IT.

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237 of 247 people found the following review helpful:

★★★★★ Result oriented book with a sensible approach, December 19, 1999

Reviewer: **A reader**

This book is pretty good. The best part, to me, is that it gives guidelines for reward meals that help you STAY on the diet and it makes real, practical, metabolic sense. LifeSpan outlines a plan that GIVES results, unlike the diets of most experts, who say that ours is an increasingly fat society. Years ago the low fat, high carb diet has failed (300 gms. is the current carb FDA recommendation) and now that hope, while dieting, is fostered only with positive results. I have lost 20 pounds in just one month and I feel great! My arthritis is gone, my energy up and I am determined to keep it. I know now that I can finally do it and I have fewer cravings with the daily reward meals! I have tried THIS plan, the Protein Power Plan, by the Eades MDs, the famous Atkins plan, Sugar Buster Zone, etc., they are all great, it's a matter of personal preference. The message, is the basic same in all of them. Dieters learn how metabolism, glucagon and insulin levels interact to cause cravings, weight loss and gain. They learn how to monitor the TYPES of foods eaten, and then adjust their metabolism, insulin levels and glucagon levels to get the desired effect. What the so-called experts say about low carbs and high protein no longer matters to me because their high carb fat diets don't work, at least for me. I see the outpouring of testimonials about this and other books and have concluded that the critics JUST don't get it! Do yourself a favor and see what the experts say; those who have been fat and who are finally losing weight. The self-proclaimed community, now prolific critics of low carb dieting, WILL eventually jump on the bandwagon and come to the same conclusions that the Heller's, Atkins, Scarsdale, other physicians and PH.D's have discovered and pushed for decades. In fact, science is already talking about "syndrome X" and its relations to insulin levels! I applaud the Atkins, the Heller's and the Eades, and all the others who have the courage to go against the grain. But I remember that the majority, at one time in history, believed that the world was flat.

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Customer Reviews

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0 of 4 people found the following review helpful:

★★★★★ **An ok read**, January 13, 2007

Reviewer: **Christine A. Smith "Christine A Smith"** (Lakeport, CA United States) - [See all reviews](#)

I didn't find this book as good for me and my tastes.

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1 of 4 people found the following review helpful:

★★★★★ **The Carbohydrates Addict's Lifespan Program: Personalized Plan for Becoming Slim, Fit & Healthy in your 40's, 50's and 60's and**, July 9, 2006

Reviewer: **Janet K. Root** - [See all my reviews](#)

REAL NAME™

I was expecting simple daily meal plans and it was a lot of reading and recipes that are not a food items on hand. I was really disappointed in the book.

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12 of 13 people found the following review helpful:

★★★★★ **Health and Success Thru Planning**, November 12, 2005

Reviewer: **Milo Jo** (Nevada) - [See all my reviews](#)

When I first tried this "diet" I was feeling very sick--obese and lethargic and completely down like this was my last chance.

After THREE DAYS on this plan, I felt 100% better. I didn't have the swelling in my feet and didn't have the bloating I had been experiencing. The first week I lost 10 lbs; the second week 5 lbs; the third week, another 5 lbs. After that, I settled down to between .5 and 1.5 lbs a week.

As long as I follow the plan, I feel great and lose weight or maintain weight depending on what I'm trying to do.

This is the best "diet" for me because I don't have to weigh anything, I don't have to measure anything in detail (eye measure is about it) and once I had been on the plan for a few weeks exactly what I could and couldn't eat. It's the first plan that has really worked for me and been relatively painless as well.

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10 of 10 people found the following review helpful:

★★★★★ **Works for me!**, September 6, 2005

Reviewer: **M. Gorman "Amazon Fiend"** (Providence, RI) - [See all my reviews](#)

REAL NAME™

This book definitely has a lot of great info in it. I have been following the plan since June and have lost 64 pounds so far. I am never hungry and my cravings are controlled. If carbs are an issue, I definitely suggest you give it a read. At the price you can get it used on here, I can't see why I wouldn't want to check it out! It is definitely about a lifestyle change though, not a quick fix.

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